SINGAPORE SWIM SERIES II

2 February 2024 to 4 February 2024

OCBC AQUATIC CENTRE

EVENT INFORMATION

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1.0 COMPETITION INFORMATION

Entries Closing Date: Wednesday 24 January 2024, 2.00pm

Entries must be emailed to admin5@sgaquatics.org.sg *&* tessa.seet@sgaquatics.org.sg

Venue: OCBC AQUATIC CENTRE

Session	Group	Date	Day	Competition	Doors Open
1	**Combined** *11 yrs old and above*	*2 February 2024*	*Friday*	*4.30pm*	*3.30pm*
2	**Seniors** *13 yrs & Over*	*3 February 2024*	*Saturday*	*9.00am*	*7.45 am*
3	**Juniors** *8 – 12 yrs old*	*3 February 2023*	*Saturday*	*2.30 pm*	*1.30pm*
4	**Seniors** *13 yrs & Over*	*4 February 2023*	*Sunday*	*9.00 am*	*7.45 am*
5	**Juniors** *8 – 12 yrs old*	*4 February 2023*	*Sunday*	*2.30 pm*	*1.30pm*

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*Source: Based on internal analysis by DKSH using data from the following source: IQVIA National Sales Audit for S02 – Otologicals, Total Singapore, for the time period MAT Q3/2022- Sales Values – reflecting estimates of real-world activity.

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2.0 GENERAL INFORMATION

2.1 *The Singapore Swim Series shall be conducted under the Rules and By-laws of World Aquatics as prescribed in the World Aquatics (WA) Handbook 2022. One-Start Rule applies.*

2.2 *Format of competition – the championships are run in the WA long-course metres (LCM) format.*

All events will be timed finals and competitors shall be placed in graduated time order, from the fastest to slowest.

For Seniors Only (50m to 400m Events Only)
Flight A – Fastest 7 Heats per event will swim first
Flight B- The remaining heats of the respective events will be swim after Flight A

2.3 *Technical Officials – all technical officials shall be appointed by the SAQ Technical Swimming Committee.*

2.4 *SAQ reserves the right to the final decision on all matters pertaining to the national swim series.*

3.0 AGE GROUPS

3.1 *A swimmer may only compete in the stipulated age group in which he/she falls under.*

3.2 *Age groups are computed as of follows:*

a. **Seniors**

13 years & over	*Born in 2011 or earlier*

b. **Juniors**

12 years	*Born in 2012*
11 years	*Born in 2013*
10 years	*Born in 2014*
9 years	*Born in 2015*
8 years	*Born in 2016*

4.0 ENTRY REGULATIONS

4.1 **Entry deadline:** *Wednesday 24 January 2024, 2.00pm*

4.2 The Singapore Swim Series are open only to the following:

a. *Swimmers who are existing members of SAQ Affiliates (thereafter known as Affiliates).*

b. *Members of other Federations affiliated to WA who meet the entry qualification standards (where applicable) provided they hold a valid clearance from their Federation.*

4.3 All entries must be submitted through SAQ Affiliates or WA-affiliated Federations.

4.4 **Swimmers Registration Fee** *(For local and international swimmers)*

2023 Annual Registration Fee is **S$43.60** *(inclusive of 9% GST) per swimmer and this covers the period of Jan 2024 to Dec 2024*

This fee is also applicable to foreign swimmers.

4.5 **International Swimmer Admin Fee**

*An *International Swimmer Admin Fee of* **S$43.60** *(inclusive of 9% GST) per individual for entry to the meet applicable to all foreign participants who are NOT living in Singapore and is NOT holding a valid #FIN Number*

4.6 **International Coach / Team Official Admin Fee**

An Admin Fee of $ **S$87.20** *(inclusive of 9% GST) per individual and per accreditation pass for entry to the meet applicable to all foreign coaches, team managers and support staffs from the overseas participating teams.*

4.7 **Entry Fees:**

Per Event **- $16.35** *(inclusive of 9% GST)*

4.7.1 ****Late Entries:**

Late entries after the entries deadline can be accepted but at the cost of twice the entry fee per event.

Late Entry Fee Per Event - **$32.70** *(inclusive of 9% GST)*

This double charge will be in effect for entries that are submitted between 24 Jan 2024, 2.01pm to 31 Jan 2024, 11.00am.

4.8 *Changes and corrections may be made up to the meet entry deadline without penalty.*

Any changes, amendments and corrections to the entries after the deadline of 24th Jan 2.01pm may be made up till the Team Leaders Meeting on 31 Jan 2024 at the cost of **$32.60** *(inclusive of 9% GST) per change or correction (For example: a change in entry timing, switching events or removing a swimmer/event).*

Withdrawals of entered events can be done at no charge only at the Team Leaders Meeting on the hardcopy forms but entries fees will not be refunded.

4.9 *Full payment must be made at the SAQ office by:* **1st February 2024**

*Kindly make cheques payable to "***Singapore Swimming Association***".*

4.10 *There will be no limit to the number of entries for each swimmer provided all entries comply with the conditions for this competition.*

4.11 *Swimmers must be* **at least the age of 8 years (Born in year 2016 or earlier)**

4.12 *Swimmers who are aged 11 & 12 years old (born in 2011-2012) and are participating in the SNAG 2024, can opt to swim the compulsory 200m Individual Medley at the Singapore Swim Series and the Feb 2024 SSPA Events instead of the SNAG 2024.*

The February 2024 SSPA event is scheduled to take place on 24 – 25 February 2024

5.0 **DNS/Withdrawals**

5.1 *An administrative fee of* **S$32.60** *(inclusive of 9% GST) shall be imposed on each withdrawal from entered events after the Start List is disseminated.*
The Start List will be published on Wednesday 31st Jan 2024, 3.00pm

5.2 *Withdrawals with or without notification shall be deemed Did Not Show or Did Not Start (DNS) and the fee of* **S$32.60** *(inclusive of 9% GST) will still apply.*

5.3 *The administrative fee and penalty will be waived if the swimmer produces a valid medical certificate for the relevant day of the race. However, the swimmer will not be permitted to participate in all races for the day.*

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6.0 ACCREDITATIONS

6.1 Club Accreditations (inclusive of coaches, team manager and support staff) will be assigned based on Club Size:

This table is applicable to the SAQ Affiliates only.

No. of swimmers in individual events	***No. of Coaches Pass***	***No. of Team Managers Pass***
1 to 5 swimmers	*1*	*1*
6 to 10 swimmers	*2*	*1*
11 to 15 swimmers	*3*	*1*
16 to 20 swimmers	*4*	*1*
21 to 30 swimmers	*5*	*2*
31 to 45 swimmers	*6*	*2*
46 to 60 swimmers	*7*	*3*
61 to 75 swimmers	*8*	*4*
76 swimmers and above	*9*	*4*

Starting from 1 July 2018, coaches who wish to apply for an accreditation pass to be on deck during national competitions must be an NROC Member.
Clubs / Schools are required to fill up the accreditation form with the details of the accredited personnel.

6.2 **Lost or Misplaced Accreditation Passes**

Replacement passes are available at the following:

Replacement Cost for Misplaced or Lost Accreditation Pass	
Coach / Team Manager / Parent	*SGD $100*
Swimmer	*SGD $30*

7.0 PROTESTS

7.1 Protests are possible:

a. if the rules and regulations for the conduct of the competition are not observed,
b. if other conditions endanger the competitions and/or competitors, or
c. against decisions of the referee; however, no protest shall be allowed against decisions of fact.

7.2 All protests shall be considered by the Meet Referee. However, protests against decisions of fact shall not be allowed.

7.3 If conditions causing a potential protest are noted prior to the competition, a protest must be lodged before the signal to start the race is given.

7.4 Protests must be submitted in accordance with the following:

a. In writing, with the supporting facts.

b. With a deposit of **S$100.00** *enclosed.*

c. Submitted to the Meet Referee by Affiliate Team Leader. No proxies will be entertained.

d. Submitted within thirty (30) minutes following the conclusion of the respective event.

7.5 If the Meet Referee rejects the protest, he/she must state the reasons for his decision. The Team Leader may then appeal the rejection to the Jury of Appeal, whose decision shall be final.

7.6 If the protest is rejected, the deposit shall be forfeited to the SAQ. If the protest is upheld, the deposit shall be returned

8.0 MINIMUM TIME STANDARD TO ACHIEVE DURING SINGAPORE SWIM SERIES

8.1 Minimum Time Standard

There is no entry qualifying time to participate at the Singapore Swim Series
However, the swimmers must achieve a minimum time standard at these time trials.
An administrative fee of **S$32.60** *(inclusive of 9% GST) per event will be imposed if a swimmer returns a time slower than the minimum time standard.*

Swimmers are strongly encouraged to compete at the Singapore Swimming Proficiency Awards (SSPA) Events if they are not confident of achieving a minimum time standard for these Singapore Swim Series

The next SSPA Event will take place on 25th -26th Feb 2024.

8.2 Minimum Time Standard – Female

MTS adopted from SNAG standards + 15%

Events	Minimum Time Standard for Juniors – Girls (SNAG Standards + 15%)				
	8 years	*9 years*	*10 years*	*11 years*	*12 years*
50 LC Meter Freestyle	*00:55.99*	*00:50.81*	*00:46.87*	*00:44.31*	*00:41.94*
100 LC Meter Freestyle	*02:08.75*	*01:52.42*	*01:43.67*	*01:37.59*	*01:31.89*
200 LC Meter Freestyle	*NA*	*04:09.87*	*03:45.78*	*03:34.92*	*03:22.70*
400 LC Meter Freestyle	*NA*	*NA*	*NA*	*07:33.44*	*07:07.63*
50 LC Meter Backstroke	*01:06.29*	*01:00.69*	*00:54.79*	*00:52.24*	*00:48.93*
100 LC Meter Backstroke	*02:25.38*	*02:12.55*	*02:01.20*	*01:53.75*	*01:45.90*
200 LC Meter Backstroke	*NA*	*NA*	*NA*	*04:03.86*	*03:51.41*
50 LC Meter Breaststroke	*01:13.46*	*01:06.28*	*01:00.67*	*00:56.32*	*00:53.49*
100 LC Meter	*02:40.93*	*02:25.20*	*02:12.20*	*02:04.16*	*01:57.49*
200 LC Meter	*NA*	*NA*	*NA*	*04:27.17*	*04:11.84*
50 LC Meter Butterfly	*01:03.59*	*00:56.05*	*00:50.89*	*00:48.57*	*00:45.62*
100 LC Meter Butterfly	*02:29.05*	*02:12.13*	*01:59.00*	*01:50.33*	*01:42.33*
200 LC Meter Butterfly	*NA*	*NA*	*NA*	*04:15.07*	*03:57.60*
200 LC Meter IM	*NA*	*04:36.87*	*04:12.73*	*03:56.96*	*03:43.25*
400 LC Meter IM	*NA*	*NA*	*NA*	*08:28.98*	*08:14.72*
800 LC Meter Freestyle	*NA*	*NA*	*NA*	*13:57.55*	
1500 LC Meter Freestyle	*NA*	*NA*	*NA*	*25:59.71*	

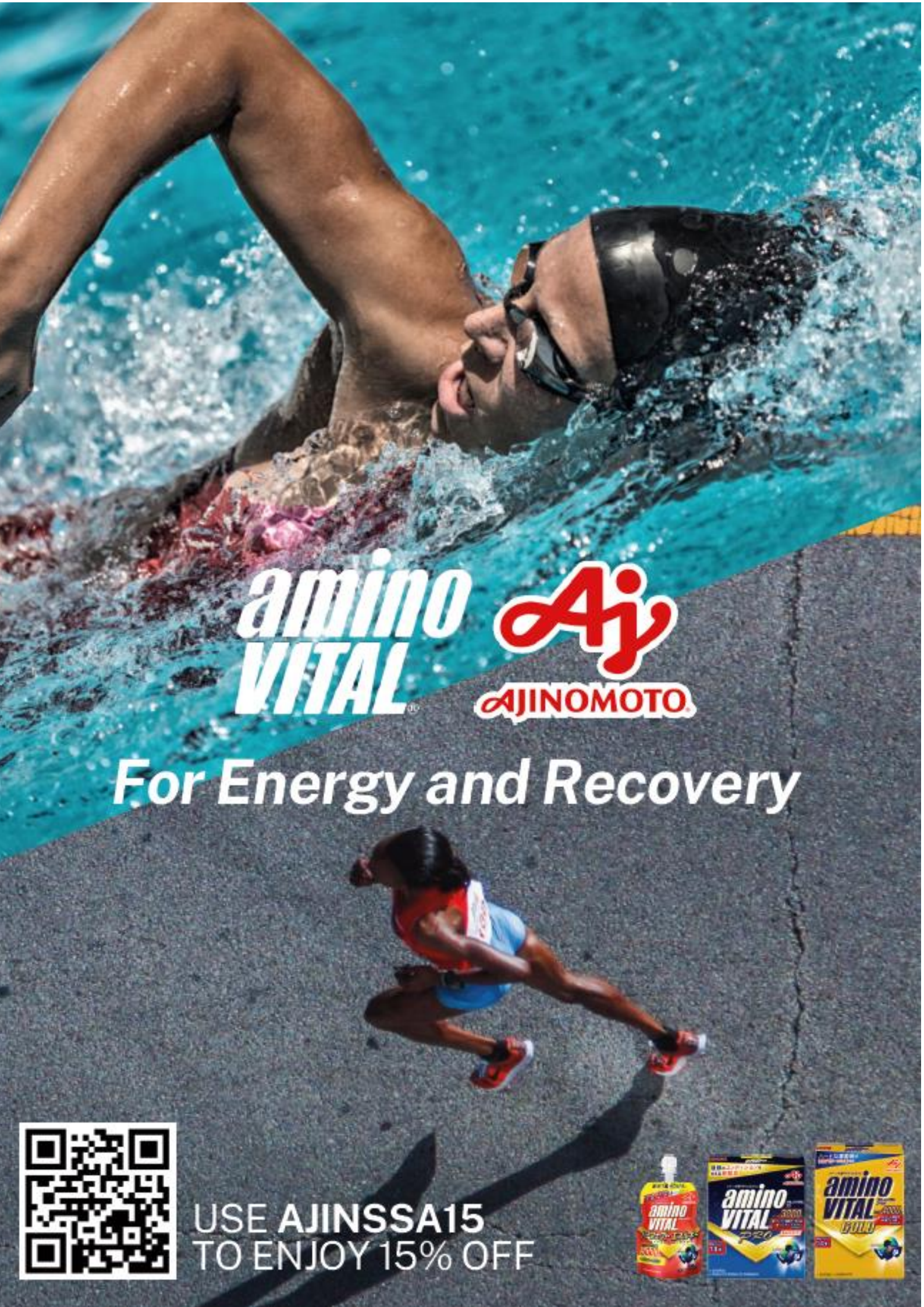
Events	Minimum Time Standard for Seniors – Girls / Women (SNAG Standards + 15%)		
	13-14 years	*15-17 years*	*18 years & over*
50 LC Meter Freestyle	*00:37.93*	*00:36.37*	*00:35.53*
100 LC Meter Freestyle	*01:22.30*	*01:18.33*	*01:16.40*
200 LC Meter Freestyle	*02:59.07*	*02:51.85*	*02:49.48*
400 LC Meter Freestyle	*06:14.76*	*06:07.32*	*06:04.32*
50 LC Meter Backstroke	*00:43.43*	*00:42.28*	*00:41.29*
100 LC Meter Backstroke	*01:33.97*	*01:29.99*	*01:30.42*
200 LC Meter Backstroke	*03:23.90*	*03:20.85*	*03:17.52*
50 LC Meter Breaststroke	*00:48.13*	*00:46.82*	*00:45.12*
100 LC Meter	*01:44.21*	*01:41.87*	*01:40.46*
200 LC Meter	*03:47.54*	*03:33.44*	*03:41.08*
50 LC Meter Butterfly	*00:40.36*	*00:38.75*	*00:38.09*
100 LC Meter Butterfly	*01:30.14*	*01:26.00*	*01:24.23*
200 LC Meter Butterfly	*03:23.03*	*03:17.36*	*03:15.73*
200 LC Meter IM	*03:21.63*	*03:17.74*	*03:20.63*
400 LC Meter IM	*07:15.09*	*07:12.24*	*06:55.22*
800 LC Meter Freestyle	*13:08.46*	*12:47.49*	*12:38.83*
1500 LC Meter Freestyle	*25:51.31*	*24:39.03*	*23:53:55*

8.3 Minimum Time Standard – Male

MTS adopted from SNAG standards + 15%

Events	Minimum Time Standard for Juniors – Boys (SNAG Standards + 15%)				
	8 years	*9 years*	*10 years*	*11 years*	*12 years*
50 LC Meter Freestyle	*00:52.28*	*00:47.34*	*00:45.01*	*00:43.09*	*00:40.73*
100 LC Meter Freestyle	*01:58.03*	*01:45.44*	*01:39.42*	*01:34.44*	*01:29.15*
200 LC Meter Freestyle	*NA*	*03:49.03*	*03:36.03*	*03:25.46*	*03:14.07*
400 LC Meter Freestyle	*NA*	*NA*	*NA*	*07:12.77*	*06:47.42*
50 LC Meter Backstroke	*01:02.30*	*00:55.44*	*00:52.49*	*00:50.35*	*00:47.78*
100 LC Meter Backstroke	*02:14.01*	*01:59.77*	*01:53.94*	*01:48.46*	*01:42.94*
200 LC Meter Backstroke	*NA*	*NA*	*NA*	*03:56.29*	*03:44.07*
50 LC Meter Breaststroke	*01:09.37*	*01:01.82*	*00:57.74*	*00:54.82*	*00:51.05*
100 LC Meter	*02:32.51*	*02:15.78*	*02:07.30*	*02:01.37*	*01:52.74*
200 LC Meter	*NA*	*NA*	*NA*	*04:19.68*	*04:00.41*
50 LC Meter Butterfly	*00:58.98*	*00:51.97*	*00:48.80*	*00:46.77*	*00:44.06*
100 LC Meter Butterfly	*02:22.24*	*01:58.06*	*01:50.44*	*01:44.80*	*01:38.55*
200 LC Meter Butterfly	*NA*	*NA*	*NA*	*04:00.94*	*03:42.65*
200 LC Meter IM	*NA*	*04:12.59*	*03:59.24*	*03:49.65*	*03:38.11*
400 LC Meter IM	*NA*	*NA*	*NA*	*08:15.91*	*07:45.01*
800 LC Meter Freestyle	*NA*	*NA*	*NA*	*13:39.82*	
1500 LC Meter Freestyle	*NA*	*NA*	*NA*	*25:44.12*	

Events	Minimum Time Standard for Seniors - Boys/Men (SNAG Standards + 15%)		
	13-14 years	*15-17 years*	*18 years & over*
50 LC Meter Freestyle	*00:34.47*	*00:32.63*	*00:31.88*
100 LC Meter Freestyle	*01:15.45*	*01:11.14*	*01:09.35*
200 LC Meter Freestyle	*02:45.41*	*02:36.19*	*02:33.35*
400 LC Meter Freestyle	*05:51.48*	*05:36.24*	*05:29.32*
50 LC Meter Backstroke	*00:40.34*	*00:37.77*	*00:37.51*
100 LC Meter Backstroke	*01:27.02*	*01:22.54*	*01:20.47*
200 LC Meter Backstroke	*03:09.86*	*03:01.72*	*02:54.52*
50 LC Meter Breaststroke	*00:43.64*	*00:40.85*	*00:39.54*
100 LC Meter Breaststroke	*01:35.73*	*01:29.90*	*01:28.41*
200 LC Meter Breaststroke	*03:27.48*	*03:16.61*	*03:09.63*
50 LC Meter Butterfly	*00:37.06*	*00:35.01*	*00:34.66*
100 LC Meter Butterfly	*01:22.87*	*01:17.16*	*01:16.70*
200 LC Meter Butterfly	*03:07.97*	*02:57.23*	*02:51.01*
200 LC Meter IM	*03:08.07*	*02:58.54*	*02:52.27*
400 LC Meter IM	*06:52.45*	*06:27.39*	*06:05.97*
800 LC Meter Freestyle	*13:22.49*	*11:59.76*	*11:38.00*
1500 LC Meter Freestyle	*23:47.80*	*22:33.29*	*21:53.35*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10.0 COMPETITION PROGRAMME

2nd February 2024 (Friday) – Session 1 **Heats Start Time: 4.30pm**				
Event No	***Event***			***Remarks***
507	*100m Backstroke*	*BOYS*	*8 - 12 Years Old*	*Fastest to Slowest*
508	*100m Backstroke*	*GIRLS*	*8 – 12 Years old*	*Fastest to Slowest*
509	*1500m Freestyle*	*BOYS & MEN*	*11 Years and Above*	*Maximum of 6 Heats*
510	*1500m Freestyle*	*GIRLS & WOMEN*	*11 Years and Above*	*Maximum of 3 Heats*

The Women and Men 1500m will be combined with the heats alternating from fastest to slowest

**The event will be stopped (the swimmers will cease to swim) after 26 minutes for the freestyle events respectively. In the event if the swimmer has a final 100m to complete before cut off time, end time will be provided.*

Registration for the long-distance events will stop once all the slots have signed up. Priority will be given to following swimmers who represented Singapore at:

1) 2023 ASIAN or SEA Games Swimmers

2) 2023 WORLD Juniors Swimmers

3) 2022 Junior Pan Pacific Swimmer

4) 2023 SEA AGE Swimmers

The remaining slots will be filled up based on a first- come-first serve basis

3rd February 2024 (Saturday) – Session 2 **Heats Start Time: 9.00am** **Seniors**				
Event No	***Event***			***Remarks***
601	*200m Breaststroke*	*WOMEN*	*13 years old and over*	*All Flight A races*
602	*200m Breaststroke*	*MEN*	*13 years old and over*	*(Fastest 7 heats per*
603	*50m Freestyle*	*WOMEN*	*13 years old and over*	*Event) to race first*
604	*50m Freestyle*	*MEN*	*13 years old and over*	
605	*100m Backstroke*	*WOMEN*	*13 years old and over*	*All Flight B races*
606	*100m Backstroke*	*MEN*	*13 years old and over*	*(The other remaining*
607	*200 Butterfly*	*WOMEN*	*13 years old and over*	*heats) to race after*
608	*400m Individual Medley*	*MEN*	*13 years old and over*	*Flight A*

3rd February 2024 (Saturday) – Session 3 **Heats Start Time: 2.30pm** **Juniors Only**				
Event No	***Event***			***Remarks***
701	*100m Freestyle*	*BOYS*	*8 - 12 Years Old*	*Fastest to Slowest*
702	*100m Freestyle*	*GIRLS*	*8 - 12 Years Old*	*Fastest to Slowest*
703	*50m Breaststroke*	*BOYS*	*8 - 12 Years Old*	*Fastest to Slowest*
704	*50m Breaststroke*	*GIRLS*	*8 - 12 Years Old*	*Fastest to Slowest*
705	*400m Individual Medley*	*BOYS*	*11 - 12 Years Old*	*Fastest to Slowest*
706	*400m Individual Medley*	*GIRLS*	*11 - 12 Years Old*	*Fastest to Slowest*

4th February 2024 (Sunday) – Session 4 **Heats Start Time: 9.00am** **Seniors Only**				
Event No	***Event***			***Remarks***
801	*50m Breaststroke*	*WOMEN*	*13 years old and over*	*All Flight A races*
802	*50m Breaststroke*	*MEN*	*13 years old and over*	*(Fastest 7 heats per*
803	*50m Butterfly*	*WOMEN*	*13 years old and over*	*Event) to race first*
804	*100m Butterfly*	*MEN*	*13 years old and over*	*All Flight B races*
805	*200m Freestyle*	*WOMEN*	*13 years old and over*	*(The other remaining*
806	*200m Freestyle*	*MEN*	*13 years old and over*	*heats) to race after*
807	*400m Individual Medley*	*WOMEN*	*13 years old and over*	*Flight A*

4th February 2024 (Sunday) – Session 5 **Heats Start Time: 2.30pm** **Juniors Only**				
Event No	***Event***			***Remarks***
901	*100m Butterfly*	*GIRLS*	*8 - 12 Years Old*	*Fastest to Slowest*
902	*100m Butterfly*	*BOYS*	*8 - 12 Years Old*	*Fastest to Slowest*
903	*200m Freestyle*	*GIRLS*	*9 - 12 Years Old*	*Fastest to Slowest*
904	*200m Freestyle*	*BOYS*	*9 - 12 Years Old*	*Fastest to Slowest*

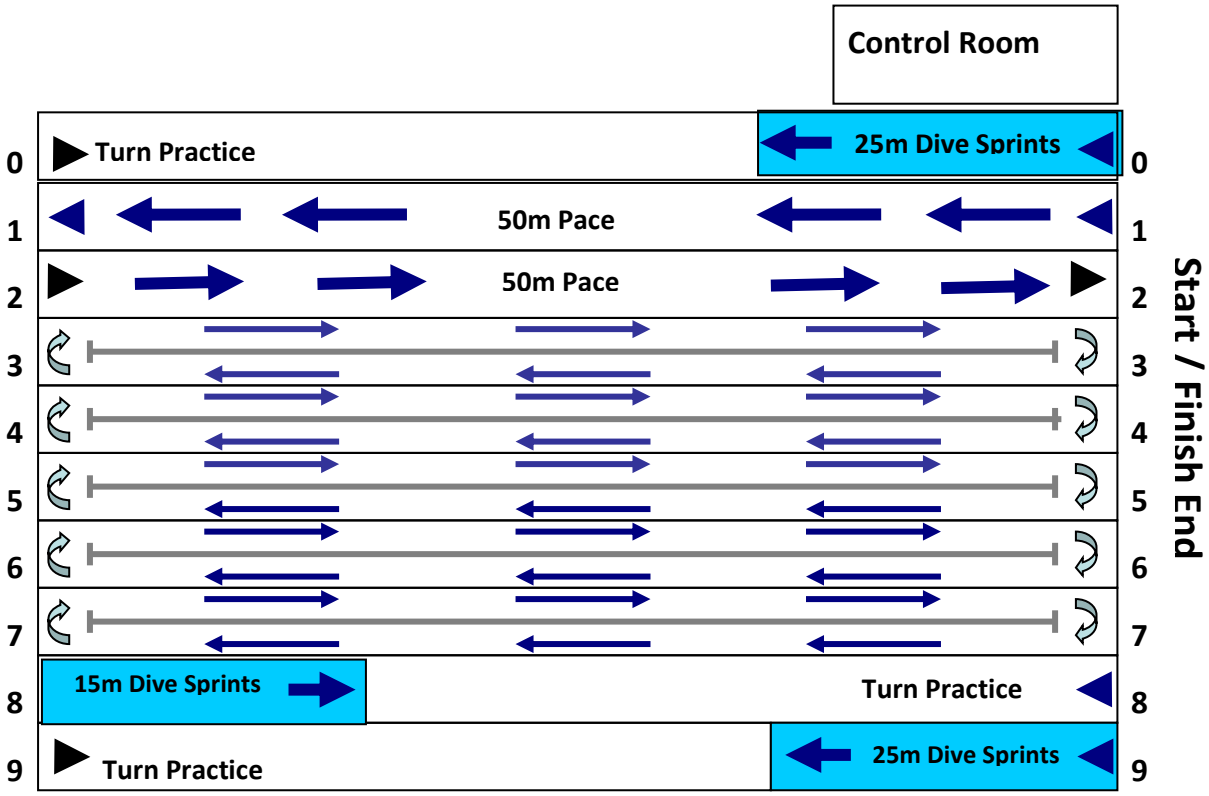
905	*200m Backstroke*	*GIRLS*	*11 - 12 Years Old*	*Fastest to Slowest*
906	*200m Backstroke*	*BOYS*	*11 - 12 Years Old*	*Fastest to Slowest*

11.0 WARM-UP GUIDELINES

11.1 *The Competition and Warm-Up Pools will be available for warm-up one and the half hours before the competitions commence.*

The Competition Pool will be closed fifteen (15) minutes before the beginning of each session.

11.2 *Lane assignments for warm-ups will be in accordance with WA Swimming Rules*



11.3 *Competition Pool:*

e. *The schematic in the diagram shall be observed at all times during warm-ups.*

f. There shall be **NO DIVING** *in the Circle Swimming Lanes, the Turn Practice Lanes, and the 50m Pace Lanes (opposite side). Entry to these lanes is via feet first entry from the sitting position at all times.*

g. The use of swim paddles is prohibited during warm-up.

h. The Dive Sprint Lanes are one-way only – swimmers should clear the lanes immediately and walk back. Swimmers are advised to exercise caution when doing Backstroke starts.

i. Coaches and Team Officials will be allowed on the Competition Pool Deck during the warm-up sessions.

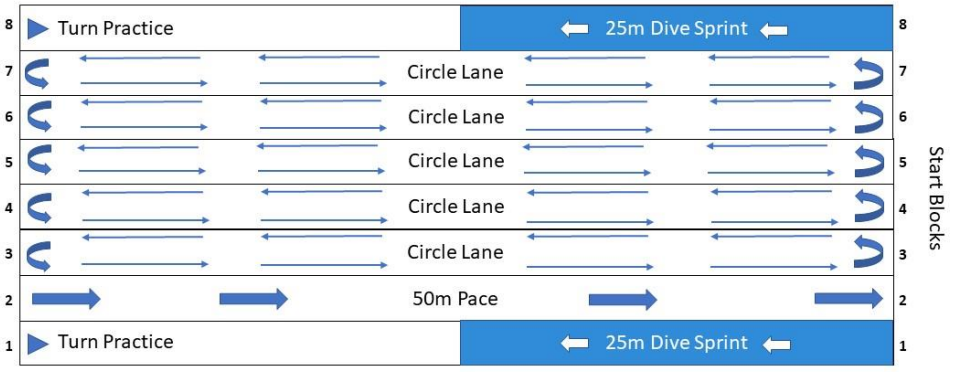
j. In order to ensure a smooth Swimming Competition Time-Line Compliance, eliminate unnecessary downtime due to infraction enquiry to the Referee, promote Fair Play during the Swimming Competition and eliminate Technical Officials duty obstruction, the Pool Deck is strictly out of bound to ALL except the Technical Officials on duty, Swimming Competition Management Committee, Appointed Volunteer, Appointed Media Coverage Personnel.

11.4 Warm-Up Pool:

k. The Warm-Up Pool will be **CIRCLE SWIMMING ONLY**, *with feet first entry from sitting position at all times*

l. The use of swim paddles is prohibited during warm-up.

Training Pool Warm Up



Entrance to training pool

12.0 COMPETITION VENUE

http://www.sportshub.com.sg/directions/Pages/getting-here.aspx

13.0 OTHER TERMS AND CONDITIONS

13.1 All Participants who are entered in the Singapore Swim Series is deemed to have given written permission to the Organizers for the Organizers to collect, analyse and collate any personal information relating to that Participant, as the Organizers may in their sole discretion deem fit, including without any limitation information for the Organizers' programme, planning, date-processing, statistical or risk-analysis, research, fund-raising and/ or, any other purposes in furtherance of the functions or powers of SAQ.

13.2 Whilst reasonable precaution will be taken by the Organizers to ensure the Participants' safety, Participants take part in Singapore Swim Series at their own risk and the Organizers will not be responsible or held liable for any injury or death howsoever arising from training for or during participation in Singapore Swim Series. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.

13.3 In the event of harsh weather conditions that could cancel the Singapore Swim Series. SAQ reserves the right not to refund entry fees or any other charges submitted by the teams and/ or individuals at Singapore Swim Series.

14.0 KEY DATES

Date & Time	*Event*	*Venue*
24 Jan 2024, 12.00pm	*Closing Date for Entries Submission*	*SAQ Office or via email to admin5@swimming.org.sg Tessa.seet@swimming.org.sg*
25 - 30 Jan 2024	*Entries list by affiliates/ teams will be sent for verification*	
1 Feb 2024	*Deadline for Payment for Entries*	
31 Jan 2024, 11.00am	*Team Leaders Online Meeting via Zoom*	
31 Jan 2024, 3.00pm	*Start Lists will be sent out to all participating affiliates/teams*	
2- 4 Feb 2024	*Singapore Swim Series*	*OCBC Aquatic Centre*